

# Joint Protection Tips

*Joint injuries can be caused by accidents, injuries (traumatic or repetitive) or overuse of a particular joint. These types of injuries increase the possibility that you may develop osteoarthritis in the future.*

- When working in a seated position, make sure the lower part of your spine is supported.
- When resting, lie on your back with one pillow under your head and keep your arms and legs out straight.
- Periodically move the ankle joints—first pull the toes toward the head, then point them down.
- Lift with a straight back, knees bent. Stay close to the object to be lifted. Keep a good base of support by having the feet shoulder width apart. Avoid twisting at the waist.
- Use a stool periodically during standing activities.
- Wear appropriate footwear, such as athletic shoes or shoes designed for walking, this helps to absorb some of the shock during walking and other weight bearing activities.



For more information on this topic or regarding your local Regional Arthritis center (RAC) call 1-800-316-0935 or visit the Missouri Arthritis and Osteoporosis Program (MAOP) web site at [www.state.mo.us/maop](http://www.state.mo.us/maop).